A *sweet* ending to a restaurant meal

Server in tears after $1,000 tip

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TOP LEFT: LANE DORSEY; TOP RIGHT: CONTRIBUTED; BOTTOM ROW: TRAVIS ROSS

Beer boom on tap

BYLAWS

City opening door to more microbreweries

Stephanie Taylor
Metro | Winnipeg

City hall wants to take red tape off the menu for microbrewers in Winnipeg.

Following a public hearing on Tuesday, the planning, property and development committee approved 76 changes to the Winnipeg Zoning Bylaw, which governs how land outside the downtown core is used.

Among the changes were measures to bring the city's zoning rules around breweries and other small-scale alcohol producers closer to existing provincial liquor regulations.

Under the new rules — pending approval from Mayor Brian Bowman's executive policy committee and council — microbreweries would be allowed open in parts of the city besides industrial areas.

Paul McMullan, who plans to open a brewery by June — called Stone Angel — believes this change could be the start of more microbreweries setting up shop in the city.

"Right now, a lot of the craft beer that comes is from B.C.; why can't it be brewed here," he said Tuesday.

Planner Robert Kostiuk previously told Metro the department recommended this change after receiving several inquiries from hopeful brewery owners who wanted to open in commercial districts — such as those along Pembina Highway, Corydon and St. Anne's Road — but weren't allowed under the current rules.

The department also looked to other cities and concluded that commercial zones are most desirable for craft brewers.

Committee chairman Coun. John Orlikow expressed some concern on Tuesday about allowing microbreweries to open close to residential neighbourhoods.

The committee then approved an amendment that would require a public hearing be held before a brewery was allowed to open.

"We felt that it was important to have the opportunity for the public to come by and say, 'Is this something we want,' Orlikow told reporters afterwards.

"It's just another level of protection for the neighbourhood."

He cited traffic congestion as a potential problem a community could face if a microbrewery was allowed to open nearby.

"It's nothing I would be too keen on to have pretty well a beer store in the middle of a residential neighbourhood," Orlikow said.

Tuesday's committee also OK'd a change that would give microbreweries, wineries and distilleries permission to sell their products to local restaurants and wholesalers, like Manitoba Liquor & Lotteries.

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Chelsea Manning to be freed in May **World**

EDUCATION

School division to do cross-city audit

The differences between Winnipeg's public schools will no longer be left to mystery, as the Winnipeg School Division (WSD) is embarking on a major equity audit to ensure students across the city receive the same quality of education.

Trustee Mark Wasyliw successfully gained unanimous support from his board peers Monday to have an action plan for the audit drafted by spring, so it can begin in the 2017-18 school year.

He attributes inequity to what he calls Manitoba's "severely underfunded" education system.

"It's created a vacuum, and to fill that vacuum a lot of private money has been flowing into the system," he said.

> **There's cross-cutting equity issues.**
> Sherri Rollins

Wasyliw explained schools fundraise on their own to "create their own budgets" beyond WSD and provincial funding.

"Some schools, depending on size and the wealth of the neighbourhood, can raise more money than others," he said. "Depending on how aggressive individual administrators are, (they all) bring in different amounts of money.

"This is warping the public education system, you're seeing uneven resources, course offerings, and educational experiences from one school to the next."

He doesn't want to presuppose an outcome or prejudge the situation, but said "huge disparities" are visible plainly from school to school.

"One has brand new smart boards in every single classroom, state-of-the-art Apple computers in the library… (another) will have just the basics allotted to them by WSD—it's a very visual reminder this is in fact happening, but we don't know the extent of it," he said. "We don't have the data to understand what exactly is happening. We know anecdotally it's taking place, so the idea behind this is to audit everything."

Board chairperson Sherri Rollins commended Wasyliw for kicking off the audit process which she said will ensure the division is "providing an equitable education."

She suspects the scope of the audit will be far reaching, not stopping at the often "underlying assumption the south end of Winnipeg is richer than the North End."

"There's cross-cutting equity issues," she said. "It's not just about income, it's not just about demographics, and it's not just about the enrichment activities… I can't predict the findings but we're looking at a lot."

Wasyliw said setting the scope for the audit by the end of this year and conducting it next year will position the division to "release the audit information to the public and put together a plan to deal with some of the issues" in May 2018.

BRAEDEN JONES/METRO

Pavelec's return gives Jets 'the best chance'

HOCKEY

Team recalls veteran goalie to help stop losing streak

Braeden Jones
Metro | Winnipeg

Ondrej Pavelec is back.

After his demotion in the fall and four months with the Manitoba Moose, the Jets' former starting goaltender is back in the Winnipeg Jets locker room and, come Wednesday, back in the Jets' crease.

The veteran's stint as the odd man out of the Winnipeg Jets goalie triangle ended Tuesday after the two guys filling his shoes hit a simultaneous rough patch that contributed to the team's larger tail spin of late.

As a four-game losing streak worsens the Jets' already precarious playoff chances, coach Paul Maurice said the decision was made out of a need to "win hockey games."

Maurice told reporters he felt Pavelec could give the Jets "the best chance" to win this week—which is why he's getting the nod when the Coyotes visit the MTS Centre, Wednesday.

Pavelec said rather than looking at the call-up as a personal chance for redemption, he thinks it's a critical moment "for the team."

Ondrej Pavelec admits that after four months in the AHL he was "happy" to get the call, but "surprised as well."
AP PHOTO/CHRIS CARLSON

"(They) just lost four in a row, so we have to stop it some how," he said.

He admits after four months in the AHL he was "happy" to get the call, but "surprised as well."

Coming off a 43-save win for the Moose on Sunday, he said he is "feeling really good" and is ready to perform, and that it's not his place to comment on the Jet's other goaltenders or the team's recent performance.

"I'm looking forward (to) play the game, play in the NHL again, I mean that's pretty much it… it's been like that the last four months, just wait for the opportunity," he said.

Pavelec has played in 18 games for the Moose this season, posting a .917 save percentage and 2.78 goals against average.

In his stead, Connor Hellebuyck and Michael Hutchinson have been in net for an average of 3.06 goals against per game, the team's worst cumulative goals-against average (GAA) since the team moved from Atlanta.

Still, under Pavelec and his back-ups, team averages of 2.88, 2.49, 2.82, 2.94 and 2.95 were far from league-leading.

Although he had a reputation for being inconsistent — ranging from a bottom-level .900 save percentage goalie to a .920 star over a 54 game stretch — his comeback and the Jets' playoff chances both depend on his performance now.

He told reporters he remembers 2014-15 when he posted a career-best save .920 save percentage and 2.28 GAA en route to the Jets 2.0's first playoff berth—and though he said it's totally different now, he knows Maurice wants wins to get the Jets into the playoff picture again this year.

"We'll see," Pavelec said. "Four points out of the playoffs, we are right there, on the line."

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Combating child pornography

EXPLOITATION

Web crawler being used to detect and track images

Sisters Lucy, Odette and Rosemary, sexually abused by their father for years, are pictured outside the Seattle Center in December. THE ASSOCIATED PRESS

A new online tool is being used to detect and help remove child pornography from the Internet.

The Canadian Centre for Child Protection has unveiled a program called Project Arachnid, which crawls the web in search of images of child exploitation.

The Winnipeg-based charity — which operates in partnership with police forces across Canada — says the automated program, run on a bank of servers, can currently scan 150 web pages a second.

It's not the first automatic program to scour the web, but it is touted as being faster than previous ones. Soon, officials hope, it will be able to reach beyond web pages and into peer-to-peer sharing programs.

What has quickly become apparent is how vast the problem is.

Officials say that in six weeks, the program has processed 230 million web pages and found 40,000 different images of child sexual abuse. Millions more pages with potentially offensive material are in the queue and are being detected faster than they can be scanned. The backlog is growing as images continue to be shared.

The new web crawler starts with websites previously reported to contain child pornography and follows all links from those pages to other sites. It seeks out matches for previously reported images by comparing appearances or by analyzing digital information that is tied to each image.

When an offending image is found, authorities may be notified and the Internet service provider hosting the site is told to take the page down.

The program is limited to previously reported images, but officials at the centre say it is a significant start in a very large battle.

"Is this the silver bullet to the problem of child abuse material on the Internet? Absolutely not," Lianna McDonald, the centre's executive director, said Tuesday.

"But are we doing something about it? Yes."

> **Is this the silver bullet to the problem of child abuse material on the Internet? Absolutely not. But are we doing something about it? Yes.**
> Lianna McDonald

The Canadian Centre for Child Protection also unveiled a survey of child pornography victims that revealed some recurring and disturbing themes: abuse begins early — often at the hands of a parent — and leads to a lifetime of anxiety over how far images spread on the Internet.

The 128 adults had been sexually exploited as children and their abuse had been recorded on camera.

"For the victims of these crimes ... the idea of knowing that their worst moments of their lives are on the Internet for anyone to see is absolutely debilitating," said McDonald.

More than half of the respondents said the abuse started when they were under five years of age. Six in 10 said their abuser was a parent. More than half said they were abused by multiple offenders as part of an organized group or network.

Almost three-quarters of respondents said they were worried about being recognized years later, because the images continue to spread online.

"Every time I see someone looking at me, I wonder if they know, if they've seen the pictures," one unidentified victim said in a video provided by the centre.

"Sometimes it feels like I'm being abused over and over again."

THE CANADIAN PRESS

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CULTURE

Festival du Voyageur means embracing fun, elements, cold

Michelle Bailey
For Metro | Winnipeg

Anyone who can embrace Winnipeg's brutal winter must have superhuman strength.

So this year's Festival du Voyageur's theme is, fittingly, HéHo Heroes.

"We certainly are all heroes by being able to survive though the winter months and still get out as a community to have some fun," joked the festival's executive director, Ginette Lavack Walters.

On Tuesday, organizers of the largest winter festival in Western Canada revealed the jam-packed lineup for the 48th annual event Feb. 17-26. They're encouraging people to bundle up and lovingly embrace February once again.

Along with the tried and true favourites of the event (beard-growing contest, kids winter playground, maple taffy on snow and shots of the specialty Caribou boozy concoction served in ice glasses at the snow bar), the musical lineup is long.

According to Artistic Producer Julien Desaulniers, "over 150 bands performing over the course of two weekends makes us the largest francophone music festival in Western Canada in addition to being the biggest winter festival in Western Canada. We've really got a wide variety of acts coming in from all over (including Wide Mouth Mason from Saskatchewan and Les Respectables from Quebec)."

Even young festival goers can enjoy musical entertainment geared towards them as Winnipeg recording artist Al Simmons will be on stage.

ABOVE: Sweet Alibi will be playing at Festival du Voyageur, which runs Feb. 17-26. CONTRIBUTED
RIGHT AND BELOW: Festival-goers take part in last year's Festival du Voyageur. CONTRIBUTED

Desaulniers said there's a lot of other events going on at the festival that were held for the first time last year. Back by popular demand are singles night and karaoke night.

"We had hundreds of people showing up for these and they really loved it," he said. "Last year, singles night was on Valentine's Day, but this year it will be on the 19th. I don't think that will matter though because it is such a great time."

Festival has also partnered with the Canadian Museum for Human Rights to present a special preview of the museum's newest exhibit, Our Canada, My Story, conceived for Canada's 150th anniversary celebrations.

Visit heho.ca for more festival information and how to get tickets.

New events, along with old faves, on tap this year

You'd be pretty hard pressed to get bored at this event. No matter where you turn, there will be plenty to see and do.

The first-ever **Wood Carving Challenge** will feature chainsaw carvers from across Canada, including stars of HGTV's Carver Kings and OLN's Sawdogs. Watch these artists buzz away and then bid on their creations during both a **live and an online auction Feb. 25**.

Kids will get a kick out of a redesigned **winter playground** with towers, tunnels and hills to climb.

Meanwhile, adults can enjoy the new **outdoor relaxation area** hosted by Thermëa or enjoy a beverage at one of two outdoor snow bars.

Rendez-vous on Ice will be held where the Red and Assiniboine rivers meet

Special events will include a fashion show on ice and **outdoor disco celebrating the city's LGBTQ community**.

Market Days will return Feb. 18 and 25 offering a large selection of local **handmade arts and crafts**.

Also returning is the **Wild Winter Canoe Race** on Feb. 20 which coincide with **Louis Riel Day**.

Teams will race canoes along the river by The Forks to raise funds and awareness for Inclusion Winnipeg, an organization that assists people living with an intellectual disability.

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GENEROSITY

Restaurant server bursts into tears after getting $1,000 tip

Colin McNeil
Metro | Toronto

A Winnipeg restaurant server got the surprise of a lifetime on Saturday when one customer decided to pay it forward with a $1,000 tip.

Jennifer Peitsch was working a shift at Mongo's Grill on Regent Avenue when a customer decided she'd add a few zeroes to the hard working waitress's payday.

Peitsch posted a photo of the bill on social media. The pre-gratuity total was $87.15.

The hard-working server, who tends a food store in Stonewall by day while working at Mongo's by night, wasn't even supposed to be in that night. According to CBC, Peitsch was filling in for a co-worker.

Peitsch said she was serving a woman and three teenagers on a busy night when it happened.

She burst into tears and hugged the woman when she saw the tip.

She graduated high school two years ago, and has been trying to save enough money for more education and pay off credit card debt.

"Now that I have that (credit card) taken care of I can finally put money aside and get my future going," Peitsch told the CBC's Up To Speed of her plans for the windfall.

FENTANYL

Naloxone saved life: Mounties

Mounties in Manitoba have administered the opioid antidote naloxone for the first time to help a young man suffering from a suspected fentanyl overdose.

Police say they were called last Friday evening to a home in the southeast corner of the province, where they found the unconscious 20-year-old victim with a low pulse and breathing problems.

An ambulance was still eight minutes away, so officers gave him a dose of nasal naloxone.

Lingering breathing problems led to two more shots to stabilize him before he was taken to hospital.

The man has since been released.

THE CANADIAN PRESS

LICENSING

Addresses removed from vehicle registration cards

Manitoba Public Insurance is removing addresses from vehicle registration cards. The Crown corporation says it's not needed anymore because police have online computer access to driver and vehicle licensing in their cruisers. They also said the change will improve security for car owners. The change will be introduced with renewals and new registrations on March 1.

THE CANADIAN PRESS

Bike Week looking for riders' feedback

COMMUNITY

Organizers hope survey brings ideas for growth

Braeden Jones
Metro | Winnipeg

Forget Canada's 150th birthday (don't actually), 2017 also marks the 10th anniversary of Winnipeg's Bike to Work Day and fourth annual Bike Week.

But with Bike Week and Bike to Work Day (B2WD) coming up on the ripe ages of 10 and four, respectively, event organizers want the community to help them learn how the events are perceived, what their role is, and if anything should change.

To that end, organizer Dave Elmore said a new online survey is meant to "plot the direction of where Bike Week is going in the future."

He said the event has grown and evolved year over year as participation increases and cycling becomes more accepted in the City of Winnipeg.

For example, the originally one-day B2WD grew into Bike Week in order to reach a "broader audience," to extend cycling celebrations to more than "just people who ride their bike to and from work."

"We're still trying to break that mould a little bit," Elmore said. "As you can imagine it starts to get arduous in terms of volunteer efforts when the program continues to grow and there's only so much money to do it with."

The survey is meant to garner feedback that will be part of a strategic planning session where he, the event steering committee and staff will sit down and figure out how best to use Bike Week and B2WD to "bring about cultural change."

"We have to think about where to take it, how much we can really expand, and what we are expected to be," he said.

Survey respondents will be asked to identify the most important service Bike Week offers, rank Bike Week events in order of their impact, suggest improvements and propose a five-year goal for Bike Week from some predetermined options.

Elmore said because Bike Week is for the community, the community input through the survey and "getting everyone's opinions" is critical.

Bike Week 2017 will run June 17 to 23, and Winter Bike to Work Day is Feb. 10.

Dr. A Bass Bagayogo rocked a three-piece suit and fat bike for the formal ride that kicked off Bike Week 2016. BRAEDEN JONES/METRO

EXCHANGE DISTRICT

Public to weigh in on plans

Stephanie Taylor
Metro | Winnipeg

Winnipeggers will soon be able to weigh in on the fate of a plot of land currently home to the old Public Safety Building.

On Tuesday, Mayor Brian Bowman and Angela Mathieson, CEO of CentreVenture — the city's arms-length development agency — announced the launch of community consultations for the redevelopment of the lands in the Exchange District.

Mathieson expects the public engagement process to take a year.

Bowman hopes that a redevelopment plan could be approved and shovels could hit the ground by 2018.

"It's exciting what's possible," he said Tuesday.

"We really do want to hear from the community, their ideas and I think those ideas are out there and let's bring them forward."

Bowman characterized the demolition of the former police headquarters — touted as a piece of the city's architectural history — and vacant parkade as an opportunity to further revitalize the area.

Residents will be able to give the city their input through an online survey and open houses, to be held in the spring.

Nearby businesses in the Exchange District, such as Red River College, will be consulted more in-depth.

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MENTAL HEALTH

Feds fail on First Nations kids: Advocate

An outspoken child advocate is accusing the federal government of dragging its feet in implementing a funding principle aimed at ensuring all First Nations children are able to access necessary services.

At the heart of the dispute is Cindy Blackstock, a long-standing champion of the rights of indigenous children, and Jordan's principle — named for a five-year-old boy who died in hospital in 2005 as the federal and Manitoba governments squabbled over who should cover his home-care costs.

> **Mental health services are available for every other kid and they are not available to First Nations kids.** Cindy Blackstock

Blackstock is taking issue with documents from February 2016 that show the federal government explored different options for applying the principle, which holds that no indigenous child should suffer denials, delays or disruptions of health services available to other children due to jurisdictional disputes.

Ottawa was ordered to comply with the principle in January by the Canadian Human Rights Tribunal after a nine-year battle led by Blackstock's group, the First Nations Child and Family Caring Society, and the Assembly of First Nations.

In the documents, the government describes the various choices as a "menu of possible options" for abiding by the tribunal's ruling, including the cost and policy ramifications of each.

There remains a chronic lack of mental health services for indigenous youth across Canada, Blackstock said. She cited the example of Wapekeka First Nation, a remote northern Ontario reserve where two 12-year-old girls died by suicide earlier this month. THE CANADIAN PRESS

PM Justin Trudeau fields questions at a town hall meeting in Fredericton on Tuesday. ANDREW VAUGHN/THE CANADIAN PRESS

Trudeau mum about vacation

POLITICS

Watchdog investigating use of private helicopter

Prime Minister Justin Trudeau refuses to say how many times he's been to the private Bahamian island of the Aga Khan, the billionaire spiritual leader who has been his family friend since he was a young boy.

Trudeau's recent secret family vacation to the tropical isle has prompted an investigation by the federal ethics commissioner, after opposition MPs complained the trip — which Trudeau admitted included a ride on the Aga Khan's private helicopter — broke the federal Conflict of Interest Act.

Speaking to reporters during a stop on his campaign-style public tour in Fredericton, N.B. on Tuesday, Trudeau also refused to say how many times he has accepted rides on private aircraft owned by the Aga Khan.

"This was a private vacation," the prime minister said in French, repeating what he has said for several days about his willingness to speak with ethics commissioner Mary Dawson about the trip.

"My office is working with her office to organize the next steps and answer her questions," he said.

Questions about the trip have dogged Trudeau since his office admitted, after refusing to disclose anything about his vacation for several days, that the prime minister, his family and a few friends accepted an invitation to the Aga Khan's private Bell Island during the holidays.

In the face of media pressure, the Prime Minister's Office revealed that the friends on the trip were Newfoundland MP Seamus O'Regan, Liberal party president Anna Gainey and their spouses.

Trudeau has repeatedly justified the trip as a family vacation to visit a longtime friend. But the vacation has come under close scrutiny because of the Aga Khan's foundation in Canada, which has landed more than $300 million in government aid contracts since 2004 and actively lobbies public officers in Ottawa. TORSTAR NEWS SERVICE

CONSERVATIVES

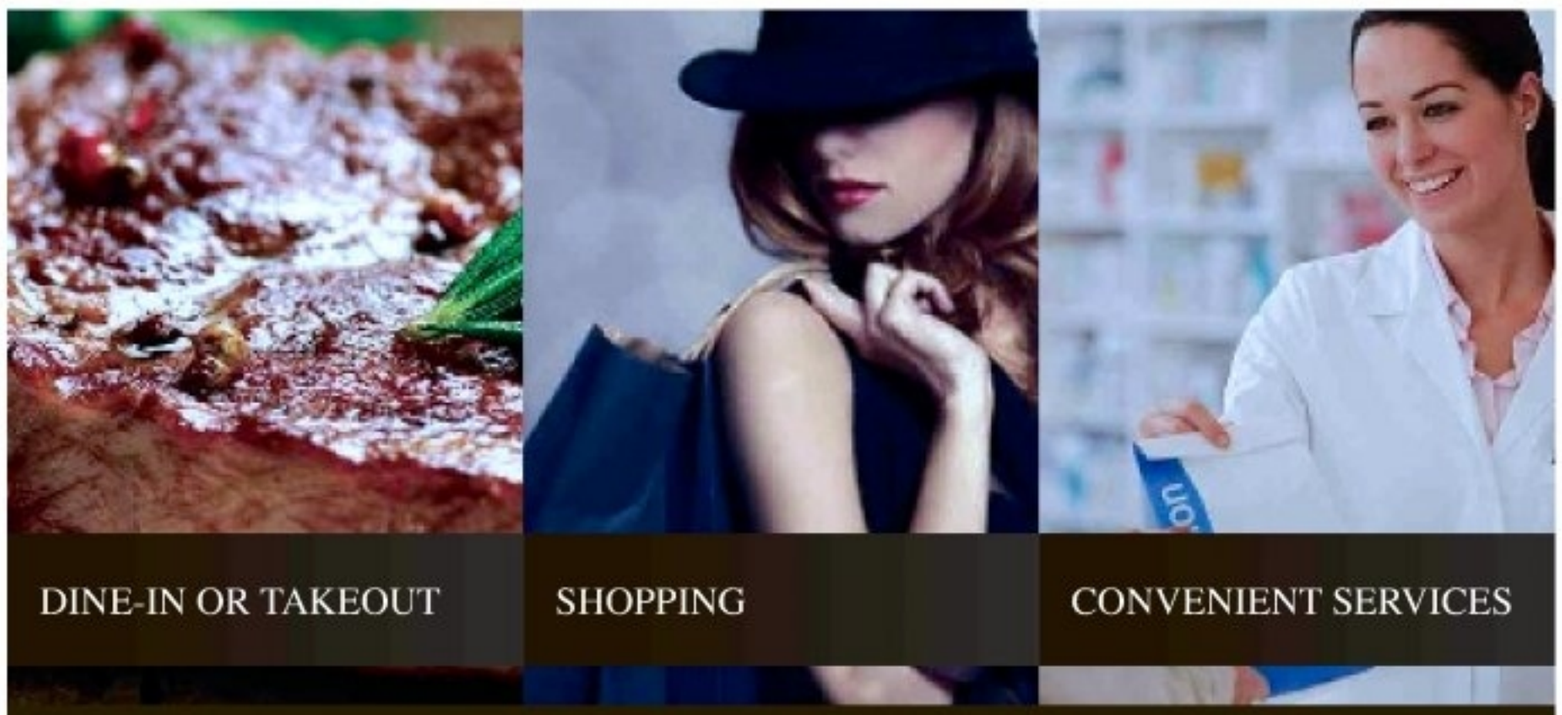
O'Leary still mulling bid for leadership

Kevin O'Leary is refusing to confirm he's ready to join the Conservative leadership race Wednesday after months of testing the waters.

But the possibility that O'Leary, a businessman and reality television personality, will enter the race is being taken seriously by candidates vying to replace Stephen Harper. The CBC reported Tuesday night O'Leary would formally enter the race Wednesday.

Amy Mills, a spokeswoman for O'Leary's leadership "exploratory committee," refused to confirm or deny the report when reached by Torstar on Tuesday. Mills did confirm O'Leary is scheduled to give a number of media interviews to react to Tuesday night's Conservative French-language debate.

O'Leary vented his "frustration" that the leadership field still has 13 people vying to replace Harper. TORSTAR NEWS SERVICE



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Manning going free

WIKILEAKS

Former Army intelligence officer to be released in May

President Barack Obama commuted the prison sentence of Chelsea Manning on Tuesday, allowing the Army intelligence officer who leaked scores of classified documents to go free nearly three decades early.

Manning, who will leave prison in May, was one of 209 inmates whose sentences Obama was shortening, a list that includes Puerto Rican nationalist Oscar Lopez-Rivera. Obama also pardoned 64 people, including retired Gen. James Cartwright, who was charged with making false statements during a probe into disclosure of classified information.

"These 273 individuals learned that our nation is a forgiving nation," said White House counsel Neil Eggleston, "where hard work and a commitment to rehabilitation can lead to a second chance, and where wrongs from the past will not deprive an individual of the opportunity to move forward."

U.S. President Barack Obama commuted the sentence of Chelsea Manning, who is serving 35 years behind bars for leaking classified documents. AFP/GETTY IMAGES

The actions are permanent, and can't be undone by President-elect Donald Trump. White House officials said Obama would grant clemency to more individuals on Thursday - his final day in office - but that batch was not expected to include prominent individuals like Manning.

A former Army intelligence analyst, Manning has been serving a 35-year sentence for leaking more than 700,000 classified government and military documents to WikiLeaks, along with some battlefield video. She was convicted in military court in 2013 of six violations of the Espionage Act and 14 other offences and has spent more than six years behind bars. She asked Obama last November to commute her sentence to time served.

Known as Bradley Manning at the time of her 2010 arrest, Manning came out as transgender after being sentenced, and LGBT rights groups took up her cause and lobbied the president to grant her clemency. She was held at a men's prison in Fort Leavenworth, Kansas, and filed a transgender prisoner rights lawsuit, although the military did approve gender-reassignment hormone therapy.

She attempted suicide twice last year, according to her lawyers, citing her treatment in prison. THE ASSOCIATED PRESS

GOVERNMENT

More Democrats boycotting inauguration

The roster of House Democrats planning to boycott President-elect Donald Trump's inauguration grew to about 50 on Tuesday in a protest of the New York businessman's policies and his repeated criticism of legendary civil rights activist John Lewis.

The Georgia congressman made headlines over the weekend for challenging Trump's legitimacy to be the next president and erroneously claiming that Trump's inauguration would be the first he will have missed since coming to Congress three decades ago.

In fact, Lewis had skipped President George W. Bush's inauguration in 2001.

Trump struck on Tuesday morning, as is typical, on Twitter: "WRONG (or lie)!" Trump tweeted, citing a 2001 Washington Post report that noted Lewis had skipped George W. Bush's inauguration.

"His absence at that time was also a form of dissent," said spokeswoman Brenda Jones. "He did not believe the outcome of that election, including the controversies around the results in Florida."

THE ASSOCIATED PRESS

PROTEST

A federal appeals court says protesters planning to demonstrate against President-elect Donald Trump can't gather on key portions of the inaugural parade route.

THE ASSOCIATED PRESS

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ALL WEEK: COMMENTARY AND IDEAS ON POLITICAL ACTION

JESSICA ALLEN ON PROTESTS OVER HOLLYWOOD CASTING

It never ceases to surprise that television and movie producers keep feigning shock and innocence when accusations of white-washing shower down on them.

The outrage over casting Joseph Fiennes, a white English actor, as Michael Jackson, an African-American pop star, in a new British satirical television series, Urban Myths, started a year ago. It crescendoed last week when Jackson's daughter, Paris, tweeted that the newly released trailer featuring Fiennes in facial prosthetics made her "want to vomit."

In an unusual twist, Urban Myths' broadcaster, Sky Arts, responded to the backlash and shelved the episode, in which MJ, Marlon Brando, and Elizabeth Taylor take a post-9/11 road trip. Too bad, because I'd really like to see Brian Cox play Brando and Stockard Channing channel Liz.

But I get it. What's surprising is that television and movie producers keep feigning shock and innocence when accusations of white-washing shower down on them.

This example, of course, is more complicated than most. Many pointed out that an African-American actor would've had to undergo just an extreme transformation — if not more — as Fiennes did to play Jackson.

We can't ask Jackson's opinion. But in a 1993 interview with Oprah, he was very clear about his racial identity. Winfrey went through a laundry list of tabloid stories — the oxygen chamber, procuring the Elephant Man's bones — while Jackson explained why they were nonsense. Then she got to the rumour about him wanting a white boy to play him in a commercial. "That is so stupid," he said, exasperated. "That is the most ridiculous horrifying story I've ever heard. It's crazy. Why would I want a white child to play me? I'm a black American. I'm proud to be a black American. I am proud of my race. I am proud of who I am."

I wouldn't be surprised if the folks involved with Urban Myths never saw that interview, though it was the most watched in television history. But it's impossible that they wouldn't be aware that casting Fiennes would be contentious.

Joseph Fiennes, as Michael Jackson, and Stockard Channing, as Elizabeth Taylor, appear in a scene from a shelved episode of the British TV series "Urban Myths." CONTRIBUTED

It's easier to give old Hollywood a pass, as we do when grandpa Doug calls Asians "Orientals." Things were different back them: John Wayne played Genghis Khan, Laurence Olivier played Othello, and Katharine Hepburn took a turn as Jade Tan, a Chinese woman, in Dragon Seed.

But deciding to cast Joel Edgerton as Ramses II and Christian Bale as Moses, for example, in 2014's Exodus? Or Jake Gyllenhaal as the Prince of Persia? Or having a white man save jazz in La La Land?

On one hand, some of these movies wouldn't have gotten made without a bankable A-lister. (In the case of Aloha, Cameron Crowe's 2015 execrable film starring Emma Stone as a character of Hawaiian and Chinese decent, that might not have been a bad thing.) And the pool from which A-listers are drawn is very white.

On the other, people in power could lead by example: "If eight white men — Wes Anderson, David O. Russell, Richard Linklater, Steven Soderbergh, the Coen Brothers, Quentin Tarantino and Woody Allen — were to commit to diverse casting, the Oscar conversation would be totally different," author and journalist Jeff Yang told IndieWire in a roundtable last year pegged to #OscarSoWhite. "Each of these guys can literally choose to cast anyone they want, with little opposition from money guys or studios."

Confession here: I used to get so excited when people would include Elizabeth Taylor as Cleopatra on Hollywood white-washing lists because it meant I could finally put my classics degree to use. "Cleopatra was an Egyptian pharaoh, the last actually," I'd say, smugly. "But she was Macedonian, descended from Alexander the Great's general Ptolemy."

More recently, however, when the same outrage surfaced over the idea of Angelina Jolie playing the Queen of the Nile, I paused.

I'm not sure sanctimonious historical arguments like my old chestnut about Cleo hold much sway today. When we talk about this type of casting, we're talking as much about how we live now as about the who, what, where and when of the subject. And anyone who rolls their eyes at that would be well advised to remember the wounded outrage of angry men throwing racial epithets at Leslie Jones because a woman put on a proton pack or those who felt there was no place for John Boyega, a black English actor, in The Force Awakens — and told him so. There are literally green people in that galaxy far, far away.

Whether a story takes place a long time ago or in recent memory, remember what William Faulkner once wrote: "The past is never dead. It isn't even past."

Jessica Allen is the digital correspondent on CTV's The Social.

ACTIVIST WISDOM Know your history!

"Must we reinvent the wheel, or have we been in a similar situation before? Building a sense of history is important for today's activists. History isn't just what came before; it's a process of working through and evaluating things in our own contexts, with our own insights. From looking at earlier periods, struggles, strategies, gains and defeats, we can better understand how power is reproduced and find weaknesses and contradictions in the system." - Prof. Aziz Choudry, author of Learning Activism: The Intellectual Life of Contemporary Social Movements

VICKY MOCHAMA

All for one, one for all? Not quite

The Women's March on Saturday will bring together women — and men, FYI — from across the globe to protest Donald Trump's presidency.

From the outset, however, the march's effort to rally women echoed a history of fissures and fractures within the feminist movement.

Separately but simultaneously, two women — Bob Bland, a fashion designer in New York and Teresa Shook, a grandmother in Hawaii — conceived of a protest in the nation's capital.

Despite their eagerness, neither woman was a professional organizer. Further, the march was called the Million Woman March. Almost immediately, women of colour criticized the event for failing to be inclusive; racialized women with experience planning mass protests could have anticipated the obstacles. For black women especially, the name was a copycat of a 1997 march for black women which, it seemed, organizers had not known about.

The organizers quickly put women of colour at the top of the organizing committee.

But longstanding grievances had already been aired.

During the election, the Clinton campaign tied the candidate's trajectory to the 1848 Women's Rights Conventions in Seneca Falls. No women of colour were present at that meeting. (Only Frederick Douglass, a black man, was present.) By frequently citing this moment, Clinton evoked a history based on intentionally excluding women of colour.

In the activist era of the '60s and '70s, this brand of white feminism entered mainstream politics. Betty Friedan's Feminist Mystique may have given voice to "the problem that has no name" but she was also vocal in excluding lesbians. While white feminists campaigned for (some) women's rights on education, work and reproduction, they were, as a whole, nowhere to be found on civil rights.

Race, sexuality and gender are still contentious within feminism. You might call it in-fighting but it's really a push for accountability. Big or small, each conflagration among feminists is necessary to creating more a inclusive and effective movement. So-called infighting is essential for reminding us that modern feminism is still, and always will be, a work in progress.

When Lena Dunham complained that Odell Beckham Jr., a receiver for the New York Giants, had ignored her because she wasn't a model, black women called her out for perpetuating a dangerous myth about black male sexuality. Dunham — along with Amy Schumer, whom Dunham was interviewing about how great they both are — then asked Xavier Burgin, a black male filmmaker to talk the issue through with them.

Nearly 170 years after Seneca Falls, white feminists chose to listen to a black man rather than black women.

As the buses roll into D.C., remember that a common enemy doesn't quite mean we are all on the same team.

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metro LIFE
Your essential daily news
Wednesday, January 18, 2017

As she celebrated her birthday Tuesday, Betty White says the best thing about being 95 is that she's still employed.

Tired, envious and gassy: Welcome to the 10-day detox

Despite a lack of evidence they're good for you, detox programs are wildly popular. Wanting to get a healthy start in January after gaining 16 pounds in 2016, **Melissa Dunne** decides to try one anyway.

Cold-pressed juice cleanses are no longer in style. Lately, editors at fashion bible Vogue, and other trendsetters, are preaching slightly less severe measures. Detoxes that focus on preparing and eating whole foods are being hocked by everyone from celebrities to fit nutritionists and cookbook authors such as Joy McCarthy and Melissa Hartwig.

Hartwig, in particular, has gained a cult following — with her The Whole30 book spending 66 weeks and counting on The New York Times bestseller list. Acolytes of hers, and similar programs, are generally not allowed to consume a long list of foods, drinks, and additives for 30 days. Many programs also offer a 10-day, or even two-day, detox plans.

If you do manage to stick with Hartwig's 30-day program, her website promises it "will change your life." But, registered dietitian Andrea Miller warns people need to be wary of such promises.

"There is no solid scientific research on detoxes, it's mostly anecdotal information," said Miller in a phone interview from Whitby, Ont. "I advise my clients to look at the source and ask themselves: 'Does (the person selling the detox) have something to gain from this?'"

The nutrition expert also points out that there is generally no need for healthy people to do a detox program as our bodies already naturally detox via our kidneys and liver. Which doesn't mean Miller is staunchly against the concept, saying that if a program helps some people get in the habit of preparing and eating more whole foods on a regular basis, then that can be a good thing.

What's not such a good thing is the temporary nature of detoxes, she warns. Programs with strict rules means many adherents may white-knuckle their way through a time-based plan only to inevitably return to their unhealthy eating habits the minute it's over.

Beyond the end of January, Miller recommends setting some SMART (specific, measurable, attainable, realistic, and trackable) nutrition and fitness goals you can reach throughout 2017.

Now that sounds like a smart plan most of us could stick to for longer than 30 days.

> **There is no solid scientific research on detoxes.**
> Andrea Miller, dietician

DETOX DELIGHTS Melissa Dunne's ten-day program mixed DIY dishes and adapted store-bought bowls. MELISSA DUNNE

GOOP OR JOYOUS? TWO DETOXES YIELDING SIMILAR RESULTS

Why Melissa Dunne's first 10 days of 2016 were a struggle

For me, last year was an *annus horribilis*.

The cherry on my misery sundae was that I ended 2016 exactly 16 pounds heavier than a mere year earlier. Admittedly, I had been eating too much ice cream to soothe my frayed nerves. So, in a bid to start this year with fewer sundaes and more smoothies, I did a 10-day detox.

For the first five days of 2017 I followed the plan from Goop Clean Beauty, written by the editors of Gwyneth Paltrow's lifestyle publication.

The rules were, no: alcohol, caffeine, dairy, eggs, beef, pork, shellfish, raw fish, gluten, soy, nightshades, strawberries, oranges, grapefruits, grapes, bananas, corn, white rice, sugar, peanuts, processed oils, and processed butters.

Thankfully, I then consciously uncoupled from that detox for the remaining five days, following the rules in the new book Joyous Detox by Joy McCarthy.

These rules were, no: refined sugar, artificial sweeteners, dairy, gluten, peanuts, unfermented soy, corn, alcohol, coffee, and genetically modified organisms.

On both detoxes I had throbbing headaches; felt constantly exhausted; burned with jealousy when my friends gorged on snacks; and spent an inordinate amount of time on the ceramic throne. Mistakes? I made a few (like not realizing there is caffeine in decaf coffee).

In the end, I lost a measly two pounds. But, what I did gain was a renewed belief that I am strong enough to make this year better than the last.

That may sound a little corny to some, but after not being able to eat corn for a week and a half I'll take what I can get.

READ MELISSA DUNNE'S FULL DETOX DIARY AT METRONEWS.CA

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JOHANNA SCHNELLER WHAT I'M WATCHING

Unsettling...and made for our anxious times

THE SHOW: A Series of Unfortunate Events, Season 1, Episode 2 (Netflix)
THE MOMENT: "We're all frightened"

Neil Patrick Harris's money-craving Count Olaf. CONTRIBUTED

The brilliant, plucky Baudelaire children — tweens Violet (Malina Weissman) and Klaus (Louis Hynes), and baby Sunny (Presley Smith) — believe their parents died in a fire. They've been taken in — kidnapped — by Count Olaf (Neil Patrick Harris), an evil actor who craves their fortune. Behind the scenes, mysterious good guys Jacquelyn (Sara Canning) and Gustav (Luke Camilleri) plot via phone.

"Dr. Montgomery was supposed to be their new guardian," Gustav says. "What went wrong?"

"Mr. Poe listened to the advice of a consultant," Jacquelyn says.

"A consultant!" Gustav exclaims. "Dear God, why would anyone listen to a consultant! The children must be frightened."

"We're all frightened, Gustav," Jacquelyn replies.

Meanwhile in their attic chamber, Klaus and Violet talk. "Sunny must be so frightened," Klaus says. "We're all frightened, Klaus," Violet replies.

I'm ambivalent about the Lemony Snicket books this series is based on (by Daniel Handler, who also writes the show). The writing is clever, but smug about its cleverness. The pileup of unfortunate events, which are frustratingly preventable, make me anxious. The message — that pluck can ease, though not always conquer, depressing situations — is true, but sad. I have the same struggles with the series.

I do, however, marvel at how prescient it feels for this anxious moment in time. Uninformed people acting in error because they listened to the wrong advice? Marginalized good guys wondering how to fix things? A conscienceless money-grubber who kidnapped us when we were meant to have a proper, qualified guardian? We're all frightened, world.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

APPLE UPGRADE

Take a bite and add more Pazazz to your palate

Move over Honeycrisp, the next generation has arrived and it's full of Pazazz!

After 10 years of development, the new apple with the crunchy texture of its Honeycrisp mom and its very own burst of sweet-tart flavour is available from now until the end of February.

Deep red with a creamy yellow or white background, Pazazz has inherited the delicate cell structure of its Honeycrisp parent, which revolutionized the apple industry back in 1991 by combining a sweet flavour with a supercrisp, super- juicy texture.

Pazazz is not genetically modified, it was developed using traditional breeding methods. It is not being grown in Ontario because its breeders feel that, like Honeycrisp, it grows better in Nova Scotia's cooler climate.

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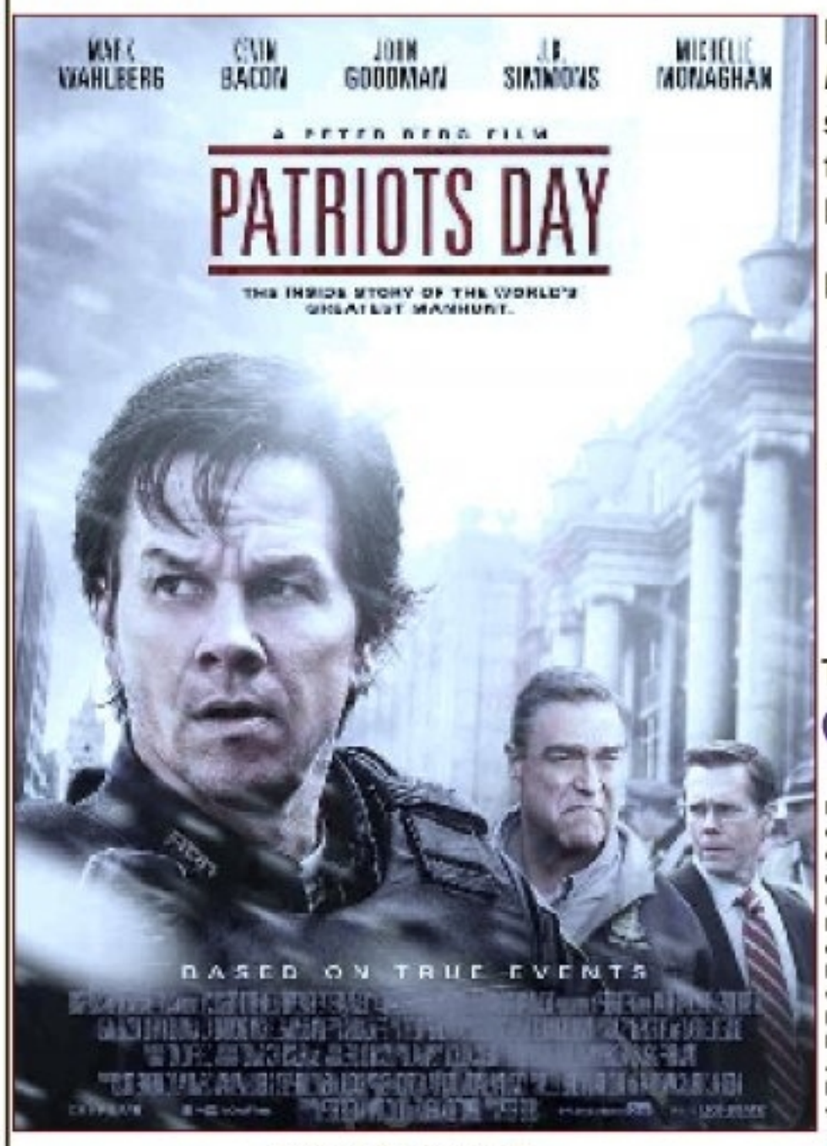

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EVENTS AND ENTERTAINMENT

THE PLACE TO GO FOR SOME BIG FUN

JULIE DOIRON AND THE WRONG GUYS/CONTRIBUTED PHOTO

In the mood for some fun? How about big fun? The Big Fun Festival in downtown Winnipeg runs Jan 25 to 29.

This is the sixth year for the fest and the line-up ranges from indie to punk, from rock to folk, with more than 50 acts performing, including locals and out-of-towners. Julie Doiron and The Wrong Guys; Mahogany Frog, nominated for a Juno; Polaris Prize nominee Greg McPherson, musician and founder of Disintegration Records; Figure Walking, and Hannah Epperson are among the performers.

Juno winner Doiron is a singer-songwriter based in Sackville, N.B. and was formerly a member of Eric's Trip, signed to Sub Pop in the grunge heyday. She has also been a member of Gord Downie's band the Country Miracles as well as being a solo artist for many years.

Mike Peters (Cancer Bats), drummer in the Wrong Guys, says the band is more along the lines of Doiron's Eric's Trip days rather than her more recent folk rock records. He says much of their new album was recorded in Manitoba.

"We spent a week in the white shell arranging the songs and then another week at private ear studio in Winnipeg tracking and mixing with Shawn Dealey. This band has been going for about four years now, but we really shaped our sound in Manitoba so it's really exciting for us to finally get to play here. We'll have a 7" with two songs from that session for sale at the show. And we hope to have the full length out by late summer, early fall," he says.

The other members of the Wrong Guys are Eamon McGrath and bassist Jaye R. Schwarzer, also of the Cancer Bats. They will perform at The Good Will Social Club Saturday Jan 28.

Other venues involved include The Handsome Daughter, The Good Will Social Club, and The West End Cultural Centre, as well as the Sherbrook Inn. There is also to be one special night at RAW:almond space on the frozen Assiniboine River, featuring the chaotic yet harmonious instrumentals of post-prog rockers Mahogany Frog.

-WILL MCGUIRK

Winnipeg to host 2017 Scotties

The 2017 Manitoba Scotties Tournament of Hearts is roaring back to Winnipeg.

After being held outside the city for 15 years, CurlManitoba along with the City of Winnipeg are bringing the 2017 Manitoba Scotties presented by Monsanto to the Charleswood Curling Club and Eric Coy Arena.

The province's best 16 teams will compete Jan. 25-29 to decide who will represent Manitoba at the Canadian Women's Curling Championships.

"I think this is really the best field we've seen in a while," says spokesperson Michael Strick of the 2017 Manitoba Scotties. The line-up of teams includes returning champion Kerri Einarson, reigning Olympic champion Jennifer Jones, and seven-time Saskatchewan champion Michelle Englot. "Kerri Einarson and Jennifer Jones have been two of the top teams in Canada for a while and there are several young up-and-coming junior teams, so there's a lot of great talent."

The Charleswood Curling Club will host the 2017 Manitoba Scotties' official social hall — the Original 16 Hit & Roll Inn — where fans can find entertainment, meals, and daily contests between and after games. Live entertainment includes free shows by The Arnold Street Collective on Friday night and The Biivver Band on Saturday. Fans can also test their curling skills on the sheet with the Original 16 Stick Challenge. For $1 entrants get three chances to draw to the button using only a stick with prizes awarded.

Returning Manitoba champion Kerri Einarson, back, and reigning Olympic champion Jennifer Jones will be a big draw for the 2017Manitoba Scotties when the tournament comes to Winnipeg Jan. 25-29. CONTRIBUTED

Event passes are $99, daily passes are $25, and tickets are available by going to charleswoodcurlingclub.com/2017manitobascotties or by calling CurlManitoba at (204) 925-5723. Check out the "2017MBScotties" Facebook page for all the latest on the event.

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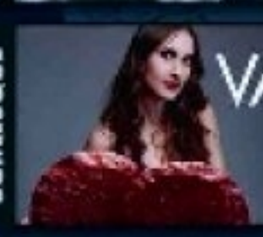

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SonReal bringing his new guitar skills to Park Theatre

Rapper SonReal has a whole new skill set to show his fans when he rolls into Winnipeg next month.

The B.C.-born hip-hop artist is set to play the Park Theatre Feb. 12, and as well as spitting lyrics during the tour the 31-year-old says he'll also be doing something he's never done before — he's joining his band on guitar.

"I've only been playing guitar for maybe a year and now I'm like playing with professional musicians who are just crazy good," laughs SonReal from Los Angeles where he's been learning to play his catalogue of songs and rehearsing for the tour. "I never played guitar as a kid — I was skateboarding — so to be playing it now is crazy and we're basically locked in 12 hours a day of practice and rehearsals."

SonReal, who splits his time between his home in Vancouver and studios in LA, has built a cult following through albums and mixtapes he released for free online and videos that racked up hundreds of thousands of views on YouTube.

The success led him to ink a deal with independent label Black Box Recordings, and he hasn't looked back since.

A collaborative album with fellow Canadian rapper/producer Rich Kidd earned the pair a Juno nomination in 2013 and he was nominated again in 2014 for his solo effort, Everywhere We Go.

He's also been nominated for a Much Music Video Award and his latest release, Can I get a Witness has more than 2.6 million views on YouTube.

"I'm excited because it's only just the beginning," he says of the success. "We've got a lot in store — some of the music I'm sitting on right now is the biggest songs that I've ever written in my life.

"I just really appreciate my fans that've always stuck by me and have always believed in me, they're the reason why I do this and the reason why it's become successful."

As well as debuting his chops on the six-string, SonReal says fans can expect to hear some of the new unreleased material he's been working when he takes the stage at the Park Theatre.

Tickets for the show are $20 plus fees at myparktheatre.com.

metro WHEELS
Your essential daily news
Volkswagen ID Buzz Concept debuts as microbus of the future

All the right proportions

REVIEW

Solid looks, solid ride, but where's the AWD?

Jodi Lai
AutoGuide.com

Tiny crossovers are the hottest thing in cars right now, and any automaker that doesn't have one is really behind the times.

Instead of putting a huge amount of dollars into making its own small crossover, Infiniti is piggybacking on a Mercedes platform and has come up with the QX30.

The tester here is the 2017 Infiniti QX30 Sport model, which is the topline model that comes packed with performance upgrades and almost all the features drivers want. More on that later.

I prefer the look of the Infiniti model over the GLA it's based on. The QX30 is much more stylish, a lot less generic, and it definitely looks more modern. The GLA has a beefier, boxier and more muscular look, but I like the swoopy lines of the Infiniti better.

The problem with that pretty design is that practicality takes a hit in terms of cargo capacity, room for rear passengers and sightlines. One of the biggest drawbacks of the QX30 is that it's really hard to see out of. The blind spots are huge, the windows are tiny, and even the windshield is so swept back that it doesn't give drivers a lot to work with.

Luckily this QX30 Sport, which is the fully loaded top of the line model, is equipped with a rear-view camera along with a top-down 360-degree view camera that makes parking and squeezing into tight places much easier.

Although the seven-speed dual clutch transmission gets confused sometimes at lower speeds and can shift abruptly now and then, it's not a deal breaker.

The QX30 is powered by a 2.0-litre turbocharged four-cylinder engine that outputs 208 horsepower and 258 pound-feet of torque. That's plenty to get the crossover moving, but the engine isn't the smoothest at low speeds and it displays some turbo lag. At highway speeds, however, the engine exhibits Ryan Gosling smoothness. Very little noise and vibration make it into the cabin during highway drives.

This Sport model gets no power upgrades over the regular QX30, but it does get better brakes and a suspension that's tuned for better handling. That sportier suspension definitely makes the ride in the city more choppy, but it does mean that it's better in the corners, which is an OK compromise.

The weird thing is that this top of the line QX30 Sport isn't available with all-wheel drive, which seems like a missed opportunity. Buyers have to level down to get all-wheel drive. This was likely a move to keep the price in check, especially because this Sport model has so many other features, I can imagine it getting pretty expensive if it had all-wheel-drive.

THE CHECKLIST | 2017 INFINITI QX30 SPORT

THE BASICS

Engine: 2.0L turbo 4-cylinder
Output: 208 hp, 258 lb-ft of torque
Transmission: Seven-speed dual-clutch auto
Fuel Economy (L/100 km): 9.7 city, 7.1 hwy
Price: Sport model starts at $46,490

LOVE IT

- Great driving dynamics
- Stylish look
- Smooth highway driving

LEAVE IT

- Can get pricey
- Lack of AWD on topline model
- Poor sightlines

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metro SPORTS

Tim Raines could become just the fourth player to be elected into the Baseball Hall of Fame in his final year of eligibility on Wednesday

Looks like Bautista is staying in Toronto

MLB

Blue Jays not keen on losing another star after Edwin exit

The Toronto Blue Jays already lost one of their faces of the franchise this off-season. It appears the team has made sure that Jose Bautista will not follow Edwin Encarnacion's lead.

According to multiple reports Tuesday, Bautista will return to the Blue Jays next season, agreeing to a one-year deal worth US$18 million. The contract reportedly includes two mutual option years that if exercised, could make the deal worth $60 million.

Neither the team nor Bautista's agent Jay Alou would comment on the reports. Some of Bautista's teammates didn't wait for a formal announcement, which won't come before Bautista successfully completes a physical, to celebrate his return.

"Put them hands up! JoeyBats is back!!! JoeyBats19," second baseman Devon Travis tweeted on Tuesday afternoon.

"Told y'all. Lol JoeyBats19," tweeted right-hander Marcus Stroman. Bautista, a six-time all-star, hit 22 homers and had 69 RBIs last year but injuries limited him to just 116 games. He signed a US$65-million, five-year deal in 2011 and the Blue Jays picked up a $14-million team option last season.

Bautista rejected the team's $17.2-million qualifying offer last fall, which ensured Toronto would receive compensation if he signed elsewhere as a free agent. In the end, it appears both sides have circled back in what could be a good deal for all involved.

The veteran outfielder's return would certainly help ease the pain of losing one of the game's top hitters in Encarnacion. The Blue Jays were interested in re-signing Encarnacion, but he eventually signed a three-year deal with the Cleveland Indians.

A return to the Jays would also allow Bautista to show that he's still one of the sport's top players with a chance to maximize the reported deal. The Blue Jays, meanwhile, would fill a need in the outfield, bring back a core member of their offence and potentially reap the benefits of a slugger who is motivated to perform.

The Blue Jays are coming off a second straight appearance in the American League Championship Series but have had a fairly quiet off-season. Toronto signed slugger Kendrys Morales, utilityman Steve Pearce and prospect Lourdes Gurriel Jr., but failing to bring back the popular Encarnacion did not go over well in the Ontario capital.

Bautista, 36, would bring some pop to a lineup that will miss Encarnacion, who hit 42 homers and 127 RBIs last season and was very consistent in recent years. Toronto's corner outfield positions were in desperate need of attention. While Bautista's best defensive days may be behind him, he would provide an adequate presence in right field.

In addition to his power numbers, Bautista's on-base percentage of .366 would also help a batting order that he would co-anchor with Morales, third baseman Josh Donaldson and shortstop Troy Tulowitzki.

Bautista had a breakout season in 2010 with 54 homers and 124 RBIs and has been one of the sport's top sluggers ever since. The Santo Domingo native also played a key role in helping the franchise return to prominence after a 22-year playoff drought. THE CANADIAN PRESS

Jays' Jose Bautista celebrates with fans after the Jays beat the Texas Rangers 7-6 during the ALDS last year. It looks like the slugger will be staying in Toronto. THE CANADIAN PRESS/FRANK GUNN

$60M

Amount that Bautista's deal could rise to over 3 years as their are two mutual option years.

CFL

Bombers sign up free agent Stafford

The Winnipeg Blue Bombers signed free-agent receiver Kenny Stafford to a two-year contract on Tuesday.

The 26-year-old Columbus native was released by the Montreal Alouettes late last season after recording 16 catches for 218 yards and two touchdowns over nine games. Stafford's best CFL season came with the Edmonton Eskimos in 2015 when he had 47 catches for 732 yards and nine touchdowns over 18 games.

"Kenny is an experienced receiver in our league, with great athletic ability and big play capability," Blue Bombers general manager Kyle Walters said in a release. "He's got the range to go up and get the football and he's a competitor.

"We're very confident he will fit comfortably into our locker-room, and are excited about what he will bring to our offence." Stafford also had four receptions for 100 yards and a touchdown in the 2015 post-season to help the Eskimos win the Grey Cup. THE CANADIAN PRESS

Kenny Stafford
FRANK GUNN/THE CANADIAN PRESS

NFL

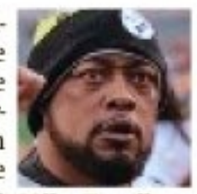
Regretful Tomlin angry over Brown's video post

The father in Mike Tomlin regrets the language he used to describe the New England Patriots during the postgame speech Pittsburgh Steelers wide receiver Antonio Brown opted to livestream on social media after a taut playoff victory over Kansas City.

The coach in Tomlin has just as big an issue with one of his team's biggest stars forcing the Steelers to talk about something other than trying to find a way to finally beat Tom Brady when it counts.

A characteristically blunt Tomlin called Brown's decision to broadcast to the world more than 17 minutes of Pittsburgh's giddy locker room celebration — a move that caught Tomlin cursing regularly — "foolish," and "inconsiderate."

"Not only is it a violation of our policy, it's a violation of league policy, both of which he knows," Tomlin said Tuesday. "We will punish him. We won't punish us." THE ASSOCIATED PRESS



Mike Tomlin
GETTY IMAGES

HOCKEY IN BRIEF

Patrick and Hischier to captain for prospects game

Nolan Patrick and Nico Hischier will serve as captains at the 22nd annual Sherwin-Williams CHL/NHL Top Prospects Game on Jan. 30 at the Centre Videotron in Quebec City.

Patrick, of the Western hockey League's Brandon Wheat Kings, is expected to go first overall in the NHL draft in June while Hischier, of the Quebec Major Junior Hockey League's Halifax Mooseheads, is ranked third by the ISS scouting service. THE CANADIAN PRESS

Struggling NY Islanders fire coach Capuano

Stuck in last place in the Eastern Conference, the New York Islanders fired coach Jack Capuano on Tuesday, ending one of the longest tenures in the NHL.

General manager Garth Snow named assistant GM/coach Doug Weight as Capuano's interim replacement. The Islanders are 17-17-8 and their 42 points are the fewest in the East, leading to Snow making the move for the short and long term. THE ASSOCIATED PRESS

HOCKEY

International HOF to induct ex Jet Selanne

Teemu Selanne was among five former players named Tuesday for induction into the International Ice Hockey Federation Hall of Fame.

Selanne posted a record 43 points at six Olympics, including the 2014 Games when he was named tournament MVP in Sochi, Russia.

He was also a goal-scoring machine in the NHL, where he piled up 684 goals and 1,457 points in 1,451 regular season games. The Finnish Flash had a record 76 goals and 132 points as a rookie with the Winnipeg Jets whom he spent about three and a half years with before winning a Stanley Cup with Anaheim in 2007.

Joe Sakic, Saku Koivu, Uwe Krupp and U.S. women's star Angela Ruggiero were also chosen for induction with a ceremony to be held May 21 in Cologne, Germany.

Dieter Kalt of Austria will join the players as he enters the hall in the builder category. THE CANADIAN PRESS

MAKE IT TONIGHT

Sticky Garlic Chicken

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Adults will love the flavourful mix of hoisin sauce (a Chinese bbq sauce), ginger and garlic but it's the honey's sticky deliciousness that will hook the littlest diners.

Ready in 30 minutes
Prep time: 15 minutes
Cook time: 15 miutes
Serves 4

Ingredients
- 1 pound boneless, skinless chicken breasts, cut into 1-inch chunks
- Kosher salt and freshly ground black pepper
- 2 large eggs, beaten
- 1 cup panko

For the sauce:
- 1/4 cup reduced sodium soy sauce
- 1/4 cup honey
- 5 cloves garlic, minced
- 2 Tbsp hoisin sauce
- 1 Tbsp freshly grated ginger
- 1 Tbsp rice wine vinegar
- 2 green onions, thinly sliced
- 1 tsp sesame seeds

Directions

1. Preheat oven to 400 degrees. Lightly oil or spray a 9×13 baking dish.

2. Sprinkle chicken with salt and pepper. Working in batches, dip into egg, dredge in panko, pressing to coat. Place in baking dish. Bake until golden brown and crisp, about 15-20 minutes.

3. In a medium saucepan over medium heat, combine soy sauce, honey, garlic, hoisin sauce, ginger and vinegar until slightly thickened, about 2-3 minutes. Stir in chicken and gently toss to coat all chicken bites.

4. Serve immediately garnished with green onions and sesame seeds.

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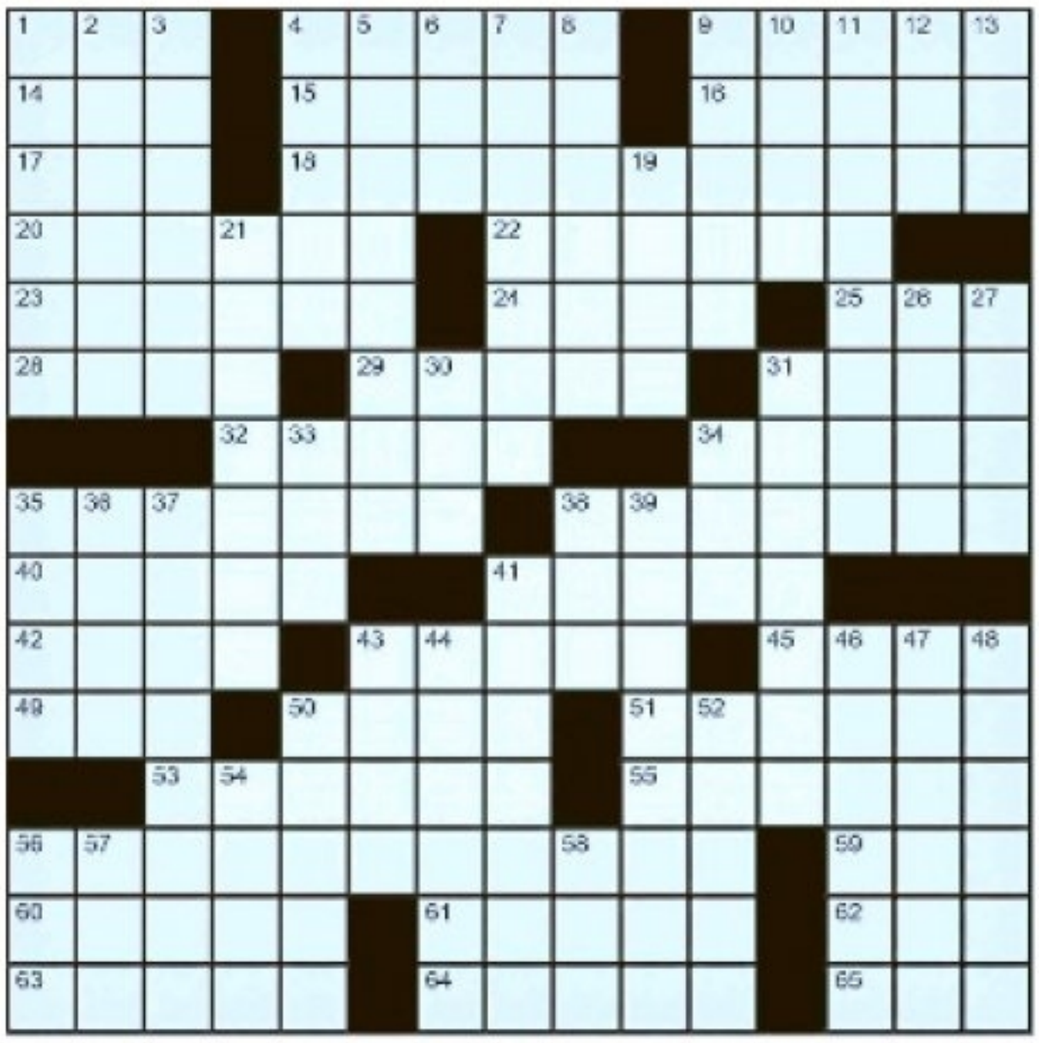
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. High-arc shot on the court
4. Nursemaids
9. Carry on with mischief: 2 wds.
14. 'Impress' suffix
15. Historic Russian ruler
16. Thor = __ god of thunder
17. Ant & __ ("Britain's Got Talent" hosts)
18. Plane's undercarriage: 2 wds.
20. Visit a friend for coffee: 2 wds.
22. Disinclined
23. Sir __ Hillary (Everest mountaineer)
24. Eugene of "Best in Show" (2000)
25. Howe'er
28. Achiever
29. Bird of Jove
31. In-a-bowl hot serving
32. __-loading (Athlete's strategy)
34. 'Right' or 'Blue' in the ocean
35. Vivid
38. Dolores O'__ (Cranberries songstress)
40. Certain Celts
41. Prefix to 'dyne' (Toothpaste brand)
42. Stretched out circle
43. Speeds for horses
45. Provo's place
49. Sales pro
50. Like part of a triathlon
51. Ingredient in table salt, Potassium __
53. Not out/Instead in one's domain: 2 wds.
55. One experiencing astonishment
56. Newfoundland community near Gros Morne National Park: 2 wds.
59. Not new
60. Austrian pianist Mr. Schnabel
61. Loosen the laces
62. Mildly-disgusted interjection!
63. Popular tunesmith, Carole __ Sager
64. Type of car
65. Nourished

DOWN
1. Covered, as a tub of margarine
2. Train too hard
3. Get
4. __-__-one
5. Wanders
6. Ms. Jillian
7. 2004 Viggo Mortensen horse flick
8. Whine
9. Steamed
10. Sprockets
11. Arboreal amphibian: 2 wds.
12. Letters on a Bruce Springsteen album
13. Apiece
19. Canadian name from "Scream" (1996)
21. __ Mountains (Range in British Columbia)
26. __-hoop
27. Candid
30. Mr. Vigoda
31. Covers
33. Li'l response
34. Canadian writer Mr. Mitchell, et al. (b.1914 - d.1998)
35. Dr. Frankenstein's helper
36. Place for church pews
37. Canadian band which presumably might enjoy cucumber sandwiches: 2 wds.
38. Soak flax
39. Badge
41. "__ Like You" by Adele
43. Deuces
44. Commotion
46. Lead given by the insider
47. Antarctica penguin
48. Did a Border Collie's job
50. Bake, as eggs
52. Like the main ingredients in granola
54. Unfeigned
56. Apprehend
57. British singer Rita
58. "__ be my pleasure."

✷ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

♈ **Aries** March 21 - April 20
Use all your powers of diplomacy and patience to deal with others today and avoid disputes and arguments. Admittedly, something unexpected will catch you off guard.

♉ **Taurus** April 21 - May 21
This is a classic day for equipment breakdowns or computer crashes at work. Be patient, because this will no doubt be frustrating. Use your Taurus diplomacy.

♊ **Gemini** May 22 - June 21
Parents should be vigilant today, because this is an accident-prone day for your kids. Know where they are at all times. Be extra aware of potential hazards.

♋ **Cancer** June 22 - July 23
Family squabbles might erupt today because something unexpected happens. Small appliances might break down or minor breakages could occur. Have patience!

♌ **Leo** July 24 - Aug. 23
Pay attention to everything you say and do today, because this is an accidentprone day. Make an effort to avoid arguments with others. Your own mental or emotional distraction is the reason an accident might occur.

♍ **Virgo** Aug. 24 - Sept. 23
Something unexpected will affect your cash or possessions today. This could create a problem with a romantic partner or one of your kids.

♎ **Libra** Sept. 24 - Oct. 23
It's easy to get into arguments with others today, because someone might do something out of the blue. Don't get your belly in a rash. Stay chill.

♏ **Scorpio** Oct. 24 - Nov. 22
Avoid power struggles with others today, because they might arise. This could be because something goes haywire at work. Patience is your best ally.

♐ **Sagittarius** Nov. 23 - Dec. 21
Financial disputes with a female acquaintance might ruin your day today. Tread carefully. Don't start anything that you can't finish. (Maybe it's best not to start anything!)

♑ **Capricorn** Dec. 22 - Jan. 20
Arguments with bosses and parents are likely today. Because sudden detours and surprises catch people off guard, they are easily upset. This is a tough day for a lot of people.

♒ **Aquarius** Jan. 21 - Feb. 19
This is an accident-prone day for you, so slow down and take it easy. Don't push the river. People feel impatient and sidetracked by the unexpected today. Stay mellow.

♓ **Pisces**
Feb. 20 - March 20
Squabbles about shared property and shared expenses might arise today. Ideally, try to postpone these discussions for another day.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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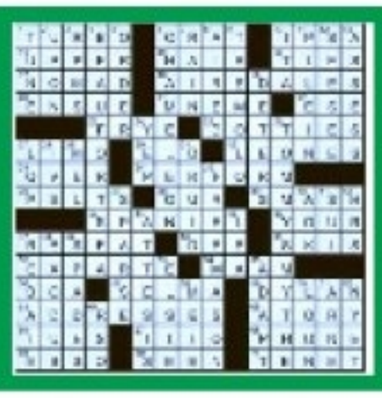

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Wednesday, February 22, 2017
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